

FIG. 1

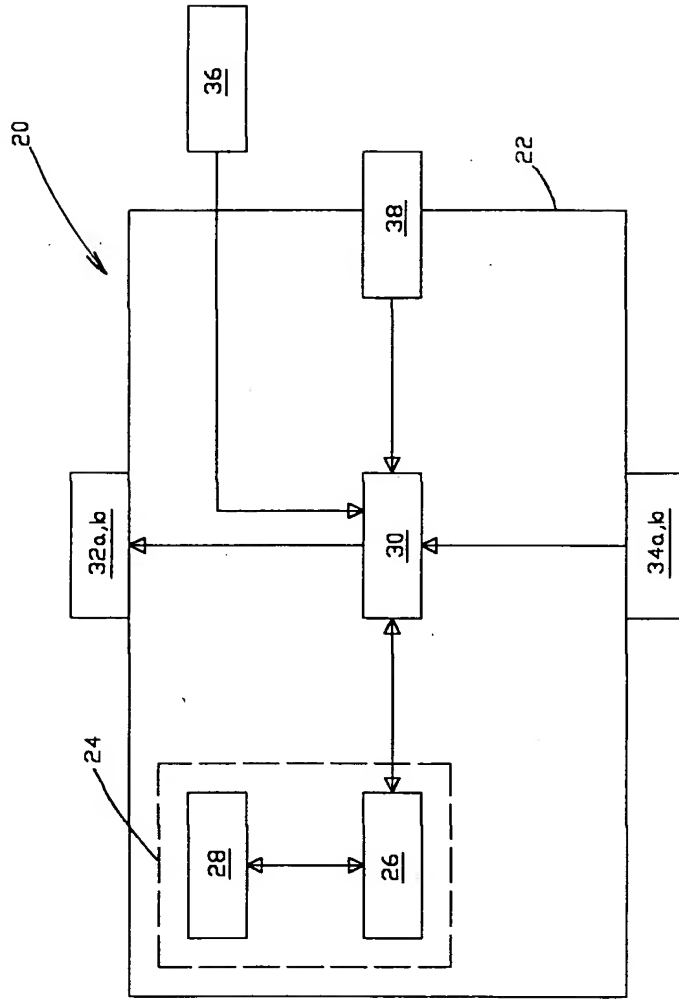


FIG. 2

67a

<b>Mode</b>	Manual
<b>Food Code / UPC Code</b>	

72a ✂ indicates items to limit      72b ♥ indicates items to acquire

Nutrient Category	Content Per Unit Serving	Content Per Weighed Serving
Serving Size (g) 70a		0
Total Calories		0
Calories From Fat ✂		0
Total Fat (g) ✂		0
Saturated Fat (g) ✂		0
Cholesterol (mg) ✂		0
Sodium (mg) 70b		0
Total Carbohydrate (g)		0
Dietary Fiber (g) ♥		0
Sugars (g)		0
Protein (g) 70c ♥		0
Vitamin A (%) ♥		0
Vitamin C (%) ♥		0
Calcium (%) ♥		0
Iron (%) ♥		0

68                      74                      78

FIG. 3

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Sample label for  
Macaroni & Cheese

Nutrition Facts			
Serving Size 1 cup (228g)			
Serving Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g		18%	
Saturated Fat 5g		10%	
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g		10%	
Protein 5g		10%	
Vitamin A		10%	
Vitamin C		10%	
Calcium		10%	
Iron		10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

76

69

FIG. 4

Mode	Manual
Food Code / UPC Code	

72a indicates items to limit      72b indicates items to acquire

Nutrient Category	Content Per Unit Serving	Content Per Weighed Serving
Serving Size (g) <span>70a</span>	228	0
Total Calories	250	0
Calories From Fat <span>72a</span>	110	0
Total Fat (g) <span>72a</span>	12	0
Saturated Fat (g) <span>72a</span>	3	0
Cholesterol (mg) <span>72a</span>	30	0
Sodium (mg) <span>70b</span>	470	0
Total Carbohydrate (g)	31	0
Dietary Fiber (g) <span>72b</span>	0	0
Sugars (g)	5	0
Protein (g) <span>72b</span>	5	0
Vitamin A (%) <span>72b</span>	4	0
Vitamin C (%) <span>72b</span>	2	0
Calcium (%) <span>72b</span>	20	0
Iron (%) <span>72b</span>	4	0

68      74      78

FIG. 5

Mode	Manual
Food Code / UPC Code	

72a ✂ indicates items to limit     
 72b ♥ indicates items to acquire

Nutrient Category	Content Per Unit Serving	Content Per Weighed Serving
Serving Size (g) <span>70a</span>	228	159
Total Calories	250	175
Calories From Fat ✂	110	77
Total Fat (g) ✂	12	8
Saturated Fat (g) ✂	3	2
Cholesterol (mg) ✂	30	21
Sodium (mg) <span>70b</span>	470	329
Total Carbohydrate (g)	31	22
Dietary Fiber (g) ♥	0	0
Sugars (g)	5	4
Protein (g) <span>79c</span> ♥	5	4
Vitamin A (%) ♥	4	3
Vitamin C (%) ♥	2	1
Calcium (%) ♥	20	14
Iron (%) ♥	4	3

68      74      78

FIG. 6

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User

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72a indicates items to limit

72b indicates items to acquire

100

67b

Nutrient Category	Daily Recommended Limit/Requirement	Daily Total Content	Remaining Daily Amount Allowed/Required
Total Calories	2000	0	2000
Calories From Fat	N/A	0	N/A
Total Fat (g)	65	0	65
Saturated Fat (g)	20	0	20
Cholesterol (mg)	300	0	300
Sodium (mg)	2400	0	2400
Total Carbohydrate (g)	300	0	300
Dietary Fiber (g)	25	0	25
Sugars (g)	N/A	0	N/A
Protein (g)	N/A	0	N/A
Vitamin A (%)	100	0	100
Vitamin C (%)	100	0	100
Calcium (%)	100	0	100
Iron (%)	100	0	100

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FIG. 7

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User

1

72a indicates items to limit

72b indicates items to acquire

100

67b

Nutrient Category	Daily Recommended Limit/Requirement	Daily Total Content	Remaining Daily Amount Allowed/Required
Total Calories	2000	175	1825
Calories From Fat	N/A	77	N/A
Total Fat (g)	65	8	57
Saturated Fat (g)	20	2	18
Cholesterol (mg)	300	21	279
Sodium (mg)	2400	329	2071
Total Carbohydrate (g)	300	22	278
Dietary Fiber (g)	25	0	25
Sugars (g)	N/A	4	N/A
Protein (g)	N/A	4	N/A
Vitamin A (%)	100	3	97
Vitamin C (%)	100	1	99
Calcium (%)	100	14	86
Iron (%)	100	3	97

FIG. 8

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96